

Powerful Tools for Caregivers

Powerful Tools for Caregivers is a six— session class designed to provide caregivers with the tools they need to take care of themselves. Cost is \$40 which covers the class fee and the participant handbook.

You will learn tools to:

- ♦ Reduce stress
- ♦ Improve self-confidence
- ♦ Balance your life
- ♦ Better communicate your feelings
- ♦ Increase your ability to make tough decisions
- ♦ Learn to locate helpful resources
- ♦ Learn coping techniques
- ♦ Better navigate difficult conversations

Register Today!

(651) 280-CARE (2273)

caregiving@wilder.org

Monday Nights, Nov. 3rd—Dec. 8th, 6 p.m.—8 p.m.

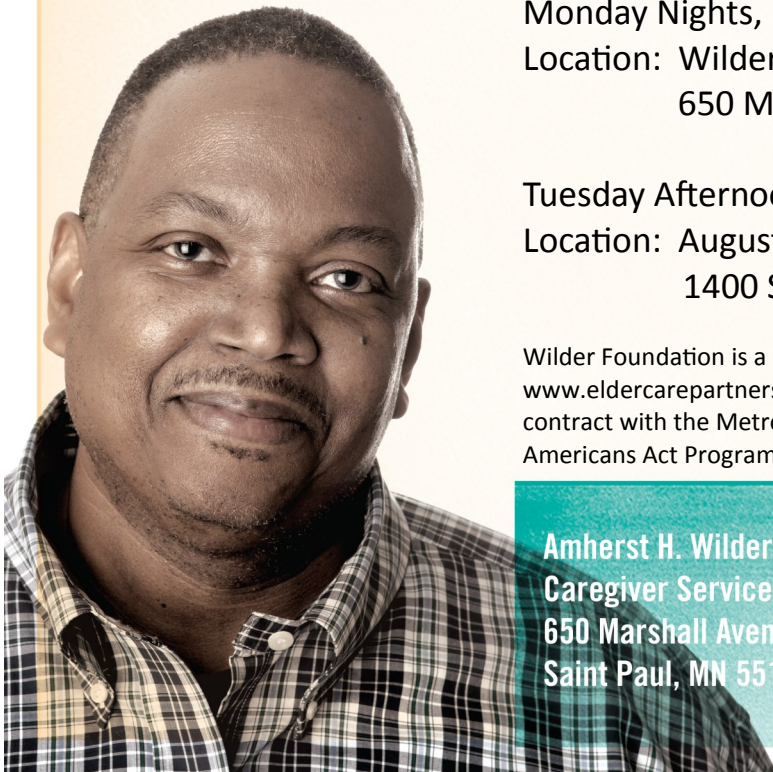
Location: Wilder Community Center for Aging
650 Marshall Avenue, St. Paul, MN 55104

OR

Tuesday Afternoons, Nov. 4th— Dec. 9th, 1 p.m.—3 p.m.

Location: Augustana Lutheran Church
1400 S. Robert St, West St. Paul, MN 55118

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www.eldercarepartners.org. Sponsored by Eldercare Partners, and funded under
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**Amherst H. Wilder Foundation
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